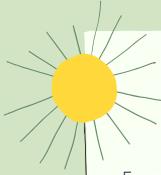


ADULTS NEED NATURE

CONNECT WITH YOUR ENVIRONMENT: CHECKLIST



PEOPLE NEED NATURE

Experiencing nature has been linked to wide ranging health benefits. We need nature, and we can connect with it in lots of ways. Get started by simply **eating one meal outside each week** (weather permitting).

Eat at least one meal outside this week

TRY FOREST BATHING

It may sound strange, but forest bathing has been around for a long time and it can improve positive emotions, lift our mood and help get us out of our heads (<https://ffb.institute>).

Discover more at: forestryengland.uk/blog/forest-bathing

Find out more about Forest Bathing and give it a go

GROW FOOD

If outside space isn't easily available, try growing something in a pot inside. You can get started with something super simple, like radishes!

Find and join a community garden (rhs.org.uk/get-involved/find-a-group).

Consider signing up for an allotment: wakefield.gov.uk/bins-and-environment/allotments/applying-for-an-allotment



Decide how you'd like to try and grow something

EXPLORE YOUR LOCAL AREA

There are lots of local, accessible routes just waiting to be discovered.

Discover The Wakefield Way: ramblersyorkshire.org/wakefield-way/

Go Geocaching and turn every walk into a treasure hunt: geocaching.com/play

Download the Love Exploring app to access fun stories and games in local areas: loveexploring.co.uk

Join a local rambling group and enjoy being outside and making new friends: ramblersyorkshire.org

Explore a new route and/or use one of the suggested apps to enjoy an old route this week

WATCH THE STARS

You don't need a telescope to stargaze, but it is helpful to find places with less light pollution. Can you make a date to stare at the stars?

Consider joining the Wakefield Astronomy Society: wakefieldastronomysociety.co.uk

Make time to watch the stars at least once this week